

Community Garden News

City of Loma Linda

June 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Vegetable Exchange Is Back!

Exchange Days:

- Saturday July 10th
Sunday July 11th
- Saturday July 24th
Sunday July 25th
- Saturday August 7th
Sunday August 8th
- Saturday August 21st
Sunday August 22nd

Baskets will be set out on the table next to the tool shed at the community garden. All you need to do is select some of your produce from your garden to exchange for produce someone else has left in one of the baskets. It's that simple!

Garden *thyme* is
dawn 'til dusk



Recycle "Useless" Items into "New" Garden Tools

by Yvonne Savio (Master Gardener)

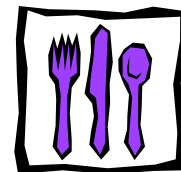
Old Orange Peels—Use empty citrus rinds for the simplest seed-starting container of all. Just fill the rind with potting soil, place one or two seeds in each, support it upright, and water to moisten the mix. Thin later to one seedling per rind. Transplant the whole unit into the garden. The rind will decay into the soil, and the roots will benefit by the fertilizer close at hand.



Baking Soda—Use common household baking soda to get rid of mildew in your home and garden. Dissolve five tablespoons of the soda in a gallon of water. Spray or wipe the solution on windowsills, porch, or other mildew areas, and let it dry for 30 minutes. Rinse the area, scrubbing with a plastic brush if necessary. Spray it onto plant leaves weekly or after rain or overhead irrigation.

Coffee Cans—Metal cans under melons concentrate the sun's warmth and transfer it to the maturing fruit, resulting in sweeter melons ripening earlier in the season.

Utensils that are Disposal Victims—An old fork or spoon will separate and lift seedlings gently from flats, and the handle--or a pencil or ice cream stick--can be used to ease transplants from individual growing pockets in segmented flats--all without damaging the tender roots.



Ruined Panty Hose—Save pantyhose to hang individual fruits and vegetables from trellises and to protect them from birds, earwigs, snails, and other munchers. This works well for corn, cucumbers, grapes, melons, peaches, small pumpkins, and squash. For trellis support, tie the pantyhose ends to the trellis, and support the fruit or vegetable in its own hammock. For protection, tie knots at the top and bottom of the fruit or vegetable for a close fit with no entry openings. The pantyhose dries off quickly, doesn't hold heat, yet stretches to allow further growth.

Community Garden
News
is printed by the City of
Loma Linda



EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Demera Finnegan

Ideas and submissions
are welcome. Contact
Demera Finnegan at:
Dfinnegan@lomalinda-ca.gov
Or Joanne Heilman at:
jheilman@lomalinda-ca.gov
(909) 799-2810



Nutrition and Aging

On Wednesday May 18th Students from the Masters Program at Loma Linda University presented: Nutrition By the Decades: 50's, 60's, 70's, 80's, & 90's. Elena Chai gave an excellent presentation on the food trends, health risks, and healthy food choices of the aging population. Natalie Tun and Socorro Hernandez made a nutritious tofu cheesecake as an alternative to the typical high fat dessert.

From the presentation, we learned that nutrition is just as vital in the later years as it is in the early years. Nutrition can play a significant role in sustaining a lifestyle of well-being which is an important issue since trends shows that people are living longer. Nutrient absorption decreases as one ages so it is even more important during this time to make sure that you are providing yourself with all the necessary nutrients from food. The workshop provided an in-depth review of the essential nutrients that are important for all ages. Nutrients are a complicated issue that even nutritionists take years trying to master. The important thing to remember when trying to obtain the necessary nutrients for your body is to eat a wide variety of fruits and vegetables from a variety of colors including: white, green, dark orange, yellow, and red. Enjoy the food of the earth, it tastes good and is a valuable resource for you in ways that are still not understood.



Elena Chai explains the importance of nutrition.

Swiss Chard

Swiss Chard is probably the most under appreciated of all vegetables. It is vitamin rich and nutritious, and is extremely easy to grow. A prolific grower, Swiss Chard tolerates poor soil, inattention, and withstands frost and mild freezes.



Ways To Cook Swiss Chard:

Sauté: Sauté sliced stems in a little olive oil and garlic for three minutes. Add sliced leaves and sauté until liquid from greens has evaporated and chard is tender, five to seven minutes total cooking time.

Microwave: This method is a good substitute for blanching. Place 1/2 pound of chard (washed but not dried) in a microwavable dish; cover loosely and cook until tender. Cooking time: three minutes.

Steam: Tender chard will cook quickly enough to be steamed in just the water that clings to the leaves after washing. Steam whole or coarsely chopped. Place in a heavy skillet add 1/2" of water or broth, cover and cook, shaking the pan occasionally, until the chard is wilted. Chard can also be steamed in a vegetable steamer over boiling water. Cooking time: five to seven minutes.

For Dessert: In France and Italy, Swiss chard is often made into a sweet tart. The chard should be chopped and either steamed over water, blanched until tender, or sautéed in a little olive oil or butter before being placed in a tart shell, topped with a sweetened custard and baked. It often contains orange zest and raisins.

1 cup cooked: 35 calories and is a good source of Vitamin A, E, K, and C and is a good source of potassium and magnesium.